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ABSTRACT

Since its formation in 1974, the renowned performing group, "From Scratch," has developed a distinctive style of music using sophisticated rhythmic language and unique sculptural instruments. The group's experiences have been transformed into the exercises and game forms presented in this workbook. The hands-on workbook uses a body-based approach to rhythm and sound, including clapping, stamping, and simple vocals. A wide range of rhythmic and compositional concepts are introduced in the workbook, in exercises that are both fun to do and musically satisfying in themselves. The introductions and discussion notes accompanying each exercise emphasize natural functions such as heartbeat, breathing, sleeping/waking, and walking to illustrate that the body is an organized rhythmic system and that this natural rhythm is the best basis for developing rhythmic skills. The workbook is designed to appeal to anyone interested in expanding enjoyment of rhythm and sound, including practitioners and teachers of music, dance, and drama at all levels of ability. (BT)

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